

[PDF] Get Some Headspace: How Mindfulness Can Change Your Life In Ten Minutes A Day

Andy Puddicombe - pdf download free book



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Description:

Review

"[Puddicombe] teaches techniques that can be practiced on a crowded subway or even while wolfing

a sandwich during a quick lunch break at your desk.... Ed Halliwell [*The Guardian*] said Mr. Puddicombe is 'doing for meditation what someone like Jamie Oliver has done for food.' And like Mr. Oliver, he's ready to conquer the United States." - *The New York Times*

"The expert's expert." - *The Times* (UK)

"There is definitely no religion, and nothing touchy-feely about the [Headspace] workshop... By the end of the day, with the online resources for support, I feel equipped to join the ranks of those who make daily meditation part of their busy lives." - *Time Out*

"Om's the word, meet the *Sunday Times Style's* amazing new meditation guru." - *Sunday Times Style* (UK)

"Andy bubbles over with enthusiasm and is so easy to follow that most of us leave convinced and with every intention of an attempt to sustain our relaxed/alert state." - *Easy Living Magazine*

"Mindfulness is a hot topic in neuroscience. I consider the techniques in this book essential for maintaining a healthy brain and a happy mind. Andy is living proof that the ancient practice of mindfulness benefits modern day living." - Dr. Elena Antonova, Neuroscientist, King's College London

About the Author ANDY PUDDICOMBE is currently the only Clinical Meditation Consultant in the United Kingdom with Medical Advisory Committee clearance for private practice. As a former Buddhist monk, he has trained extensively in meditation all over the world for more than 15 years. He returned to the UK in 2004 and set up the Headspace organization with one simple aim in mind: to demystify meditation and make it accessible and relevant to as many people as possible.

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